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Text messaging to improve the health of people with type 2 diabetes

Do you have type 2 diabetes and want help to improve your health?

Illawarra Shoalhaven Local Health District (ISLHD) is seeking local residents with type 2 diabetes to take part in a new research study called DTEXT: diabetes text messaging project. Participation is open to residents aged 18 to 75 years.

DTEXT Chief Investigator, Dr Susan Furber said the research will show if receiving text messages on healthy lifestyle and diabetes self-care will improve the health of people with type 2 diabetes.

“The number of people in Australia with type 2 diabetes is estimated to increase from 870,000 to over 2.5 million in the next 20 years. This significant increase is due to factors such as high overweight and obesity rates and poor lifestyle behaviours,” Dr Furber said.

“Research shows that improving your lifestyle by eating better; being more active and managing your diabetes well, can improve your health and reduce diabetes-related complications. Reducing these complications can also lead to a significant reduction in hospitalisations and the associated costs to the health care system” she said.

DTEXT Program Manager, Karen Waller said participants in the DTEXT program will receive text messages for six months to offer support, motivation and guidance on topics such as physical activity, nutrition, weight, smoking cessation and diabetes self-care.

“Text messages will be sent to participant’s mobile phones so people can read them at a time and place convenient to them, whether it be at home or when travelling,” Ms Waller said.

A pilot program for the DTEXT initiative was previously run and showed positive outcomes.

“What I liked about the program was that somebody cared and was there to help. Getting a message every day with helpful hints makes you feel that you are not alone,” one participant commented.

DTEXT is being run by ISLHD in partnership with The University of Sydney and has been funded through a NSW Health Translational Research Grant.

Participants receive \$75 for participating. If you are interested in taking part in this free program, please contact DTEXT Program Manager, Karen Waller on:

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